

HEALTH & HEALING

Unlocking the power of the Qabalah through Subliminal Meditation

Message:

I am healthy.

My body is repairing itself at a faster rate than even doctors expect.

My circulation and the elasticity of my veins are quickly becoming like that of a 20-year old.

My mind is swiftly moving into an extraordinary direction of increased clarity.

The organs of my body are in a renaissance of renewal and regeneration.

I look healthy.

I act healthy.

I think healthy.

I am healthy beyond my wildest expectations.

Any degenerative disease is slowing in development and actually reversing.

My muscles, nerves and skeletal system are growing daily in strength and vitality.

I have a powerful urge to eat only healthy foods,

To drink healthy clean water,

To exercise my mind and body.

I am more alive today than yesterday.

I am feeling better today and will feel even better tomorrow.

I am healthy! I am healthy! I am healthy!

Sephiroth	Divine Name	Archangel	Choir of Angels
Kether	Eheieh	Metatron	Chayoth ha-Qdesh
Chokmah	Yah	Raziel	Auphanim
Binah	YHVH Elohim	Tzaphqiel	Aralim
Chesed	El	Tzadqiel	Chashmalim
Geburah	Elohim Gibor	Kamael	Seraphim
Tiphareth	YHVH Eloah Vedaath	Raphael	Melekim
Netzach	YHVH Tzabaoth	Haniel	Elohim
Hod	Elohim Tzabaoth	Michael	Beni Elohim
Yesod	Shaddai El Chai	Gabriel	Kerubim
Malkuth	Adonai ha-Aretz	Sandalphon	Ashim